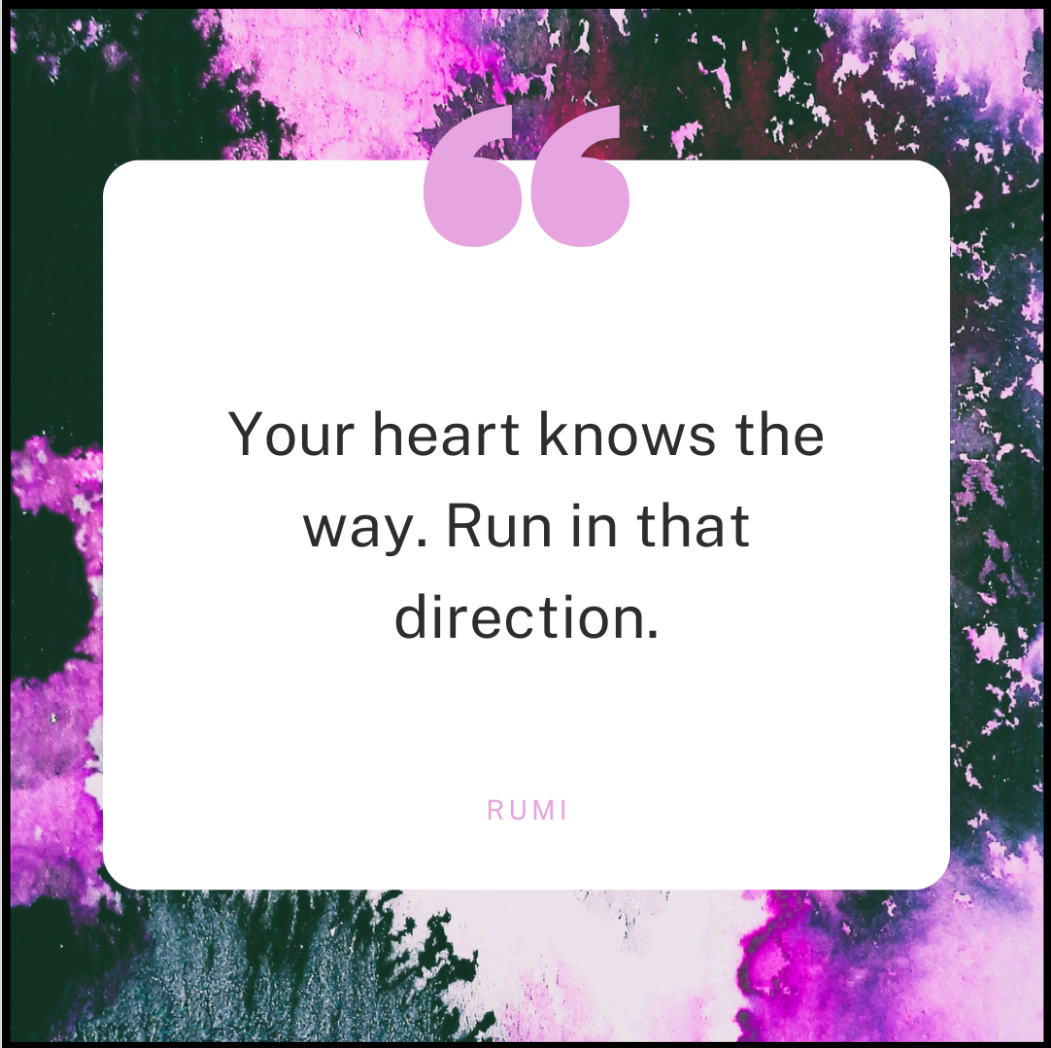


RECOVERY & ART CALENDAR



Your heart knows the
way. Run in that
direction.

RUMI



“

A work of art that does not
begin from emotion is not art.

PAUL CEZANNE

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	01	02	03



“

It takes courage to say yes to rest
and play, in a culture where
exhaustion is seen as a status
symbol.

BRENE BROWN

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	01	02



“

Making art is...from your
head, to your hands!

NATASCHA DEIJMANN

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	01	02	03	04	05	06

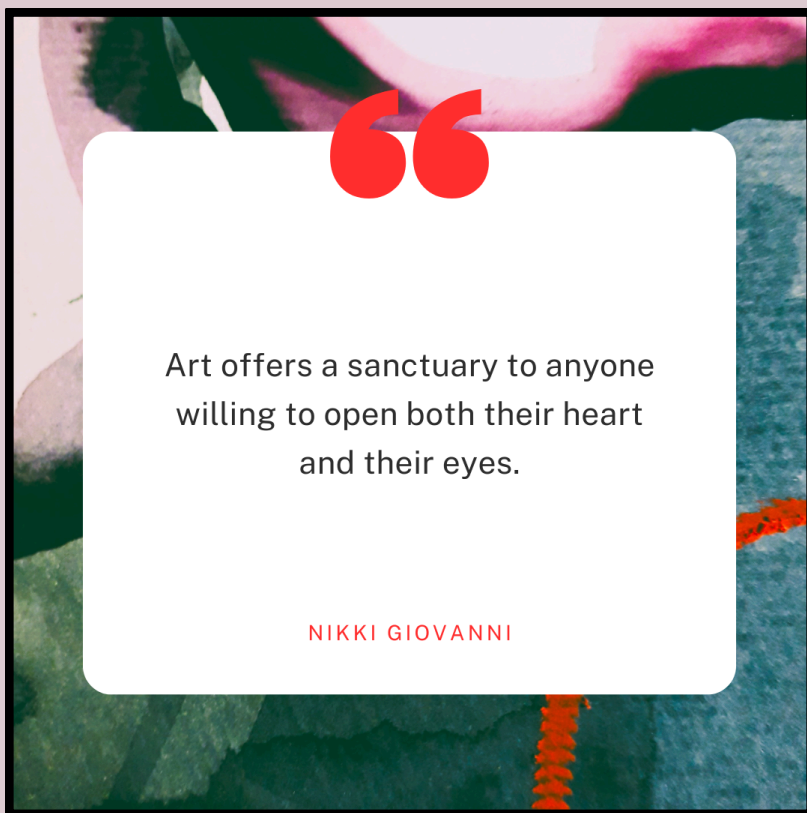


“

Start now. Start where you are.
Start with fear. Start with pain.
Start with doubt. Start with
shaking hands. Start with a
trembling voice, but start. Start
and don't stop. Start where you
are, with what you have. Just start.

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	01	02	03	04



MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	01



“

Creativity is the greatest
rebellion that exists.

OSHO

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	01	02	03	04	05	06



JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	01	02	03



“

It is not just about creativity, it is
about the person you become
while you are creating.

CHARLIE PEACOCK

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	01	02	03	04	05



“

And the only thing that matters is that you are happy with the person you are becoming...that you are proud of what you bring into the world. You are responsible for your joy, your worth. You may be your own affirmation. Please never forget that.

BIANCA SPARACINO

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	01	02

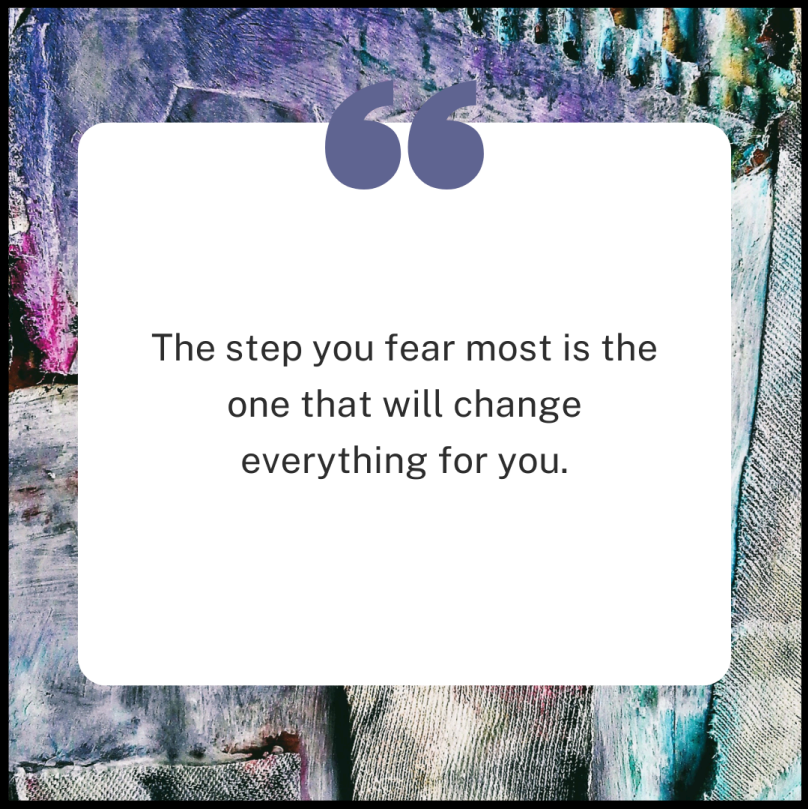
“

The day I changed was the day I
stopped trying to fit into a world
that never really suited me.

J.M.STORM

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



“

The step you fear most is the
one that will change
everything for you.

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	01	02	03	04



WWW.HISLITTLEFLOCK.COM

NATASCHA DEIJMANN IS A TRAINED CARE & WELFARE EXPERT BY EXPERIENCE. SHE OBTAINED HER DEGREE FROM THE HANZE UNIVERSITY OF APPLIED SCIENCES IN GRONINGEN (THE NETHERLANDS) WHERE SHE SPECIALIZED IN RECOVERY FROM GRIEF, LOSS, AND BEREAVEMENT.

ADDITIONALLY, SHE IS A VISUAL ARTIST AND AUTHOR OF FREE FAITH-BASED DIGITAL PRODUCTS THAT ENCOURAGE READERS TO WORK ON THEIR OWN RECOVERY FROM A CHRISTIAN PERSPECTIVE.

IN 2026, SHE LAUNCHED THE WEBSITE WWW.HISLITTLEFLOCK.COM SO THAT PEOPLE CAN DOWNLOAD HER WORK FOR FREE.